

IN THE CLAIMS:

A marked up version of the amended claims, showing insertions and deletions, is attached as Appendix C. A complete listing of all currently pending claims, reflecting the amendments below, is attached as Appendix D.

Please replace the following claims:

- 1 1. (Amended) A gun rest comprising:
2 a plate having a first end section, a second end section and an intermediate
3 section, wherein the plate is bent at the intermediate section such that an interior angle from
4 about 90° to about 150° is formed between the first end section of the plate and the second
5 end section of the plate; and
6 an opening formed in the first end section of the plate through which a shaft
7 may be inserted;
8 wherein the opening is configured and arranged to allow selective adjustment
9 of the plate's position along the length of the shaft.
- 1 2. (Amended) The gun rest according to claim 1, wherein the opening is
2 generally tear-dropped in shape with the point of the tear-drop aligned towards the first end
3 section and the round end of the tear-drop aligned towards the second end section of the plate.
- 1 10. (Amended) The gun rest according to claim 9, wherein the mounting
2 bracket comprises:
3 a first pressure plate connectively attached to a second pressure plate with a
4 tightener; and
5 a receptacle permanently attached to the first pressure plate, which forms a
6 generally cylindrical cavity perpendicular to the first pressure plate.
- 1 12. (Amended) A method for improving the accuracy of a sportsman, the method
2 comprising the following steps:

3 providing a gun rest which comprises a plate having a first end section, a
4 second end section and an intermediate section, wherein the plate is bent at the intermediate
5 section such that an interior angle from about 90° to about 150° is formed between the first
6 end section of the plate and the second end section of the plate; and an opening formed in the
7 first end section of the plate such that a shaft may be inserted through the opening;
8 providing a shaft having a first end section and a second end section;
9 inserting the shaft through the opening in the gun rest;
10 placing the second end section of the shaft upon a surface;
11 slidably adjusting the position of the gun rest on the shaft to the desired height;
12 placing the forearm of a firearm on the gun rest at the intermediate section
13 such that the forearm of the firearm is cradled between the first end section of the plate and
14 the second end section of the plate.

1 13. (Amended) The method of claim 12, wherein the opening is generally tear-
2 dropped in shape with the point of the tear-drop aligned towards the first end section of the
3 plate and the round end of the tear-drop aligned towards the second end section of the plate.

1 14. (Amended) The method of claim 13, wherein teeth are located around at
2 least a portion of the perimeter of the opening.

1 15. (Amended) The method of claim 13, wherein at least a portion of the
2 opening is covered by at least one flexible gripping aid.

1 16. (Amended) The method of claim 15, wherein the at least one flexible
2 gripping aid contains a slit.

1 17. (Amended) The method of claim 12, wherein the gun rest further comprises
2 a retaining device for securing the gun rest to the shaft.

1 18. (Amended) The method of claim 17, wherein the retaining device is a loop
2 formed onto the second end section of the plate.

1 19. (Amended) The method of claim 17, wherein the retaining device is an
2 opening formed into the second end section of the plate.

1 20. (Amended) The method of claim 12, wherein the gun rest further comprises
2 a mounting bracket such that the shaft may be fixed to a surface.

1 21. (Amended) The method of claim 20, wherein the mounting bracket
2 comprises:
3 a first pressure plate connectively attached to a second pressure plate with a
4 tightener; and
5 a receptacle permanently attached to the first pressure plate, which forms a
6 generally cylindrical cavity perpendicular to the first pressure plate.

1 22. (Amended) The method of claim 21, wherein the tightener is a nut and bolt.

1 23. (Amended) A gun rest comprising:
2 a plate having a first end section, a second end section, an intermediate section
3 and two sides extending between the first end section and the second end section, wherein the
4 plate is bent at the intermediate section such that an interior angle from about 90° to about
5 150° is formed between the first end section of the plate and the second end section of the
6 plate; and
7 an opening formed in the first end section of the plate, wherein the opening
8 extends to one side of the plate.

1 24. (Amended) The gun rest according to claim 23, wherein the opening is
2 generally tear-dropped in shape with the point of the tear-drop aligned towards the first end
3 section and the round end of the tear-drop aligned towards the second end section of the plate.

Please add the following new claims:

1 31. (New) A gun rest comprising:
2 a plate having a first plate section lying generally in a first plane, a second
3 plate section lying generally in a second plane, and an intermediate plate section disposed
4 between the first plate section and the second plate section; and
5 an opening formed in the first plate section, the opening being adapted and
6 configured for a shaft to be inserted therethrough;
7 wherein:
8 an interior angle is formed between the first plate section and the second plate
9 section;
10 the intermediate plate section is adapted and configured so that the forearm of
11 a firearm may be mounted atop the intermediate plate section; and
12 the opening is configured and arranged to allow selective adjustment of the
13 plate's position along the length of the shaft.

1 32. (New) The gun rest of claim 31, wherein:
2 the first plate section and the second plate section meet at the intermediate
3 plate section.

1 33. (New) The gun rest of claim 31, wherein:
2 the opening lies generally in the first plane.

1 34. (New) The gun rest of claim 31, wherein the opening extends to one side of
2 the first plate section.

1 35. (New) The gun rest of claim 31, wherein teeth are formed into the periphery of
2 the opening.

1 36. (New) The gun rest of claim 31, wherein at least a portion of the opening
2 generally tapers either toward the intermediate section of the plate or away from the
3 intermediate section of the plate.

1 37. (New) The gun rest of claim 36, wherein:
2 the opening generally tapers toward a point in the direction facing away from
3 the intermediate section of the plate; and
4 the opening has a generally rounded end, the rounded end being generally
5 aligned toward the intermediate section of the plate.

1 38. (New) The gun rest of claim 31, wherein at least a portion of the opening is
2 covered by at least one flexible gripping aid.